

Phish Taco Wraps

Vegan tartar sauce recipe in "tips"

Mission brand used for calorie count. Any flavor wrap would be ok. Tortillas would be too thick to wrap and would not provide the same soft texture as a wrap.

6	wraps-Sun dried	1	tsp	dill weed	
	tomato basil	14	oz	tofu	
1/2	cup	flour	2	tomatoes, cut	
1/2	tsp	baking soda		into slices	
1/4	tsp	cream of tartar	1	cup	iceburg lettuce
2	tsp	corn starch		chopped	
1/2	tsp	salt	16	oz	seasoned
1/4	tsp	ground pepper		French fries	



Procedure

- 1 The only purpose of the baking soda, cream of tartar, salt, pepper, dill is to provide flavor to the breading of the tofu.
- 2 Cut tofu to make somewhat thick, long slices (7 per package?). Let sit on a plate to drain while you do next step and drain off water as needed.
- 3 Cook seasoned French fries until crispy (Air Fryer works best).
- 4 Mix flour, baking soda, cream of tartar, salt, pepper, dill until combined. Set aside.
- 5 Slice tomatoes into slices you will want to layer on tofu in the wrap. Chop lettuce.
- 6 Make your own vegan tartar sauce. Dill is the overarching flavor to be expressed in the tarter sauce.
- 7 Coat tofu slice in flour mix. Spray tofu with spray oil and pan fry until golden on first side. Spray uncooked side and flip and cook second side. Only takes a few minutes and depending on pan size can cook several at a time. Cook all the tofu. You will need 1 1/2 slices tofu per wrap.
- 8 Assembly:
- 9 Place wrap on plate and GENEROUSLY spread tartar sauce over all but the outer most 1" edge.
- 10 In the center of the wrap, place 1 or 1 1/2 strips of cooked tofu "phish".

- 11 Put tomato slices on the phish. Put French fries along the side and on the top of the phish.
- 12 Top with plenty of crunchy chopped lettuce.
- 13 Carefully roll into a wrap. Slice in half. Serve. Can serve with additional tomato slices and additional fries on side. Pairs well with a spicy ginger cole slaw side.

Servings: 6

Nutrition Facts

Nutrition (per serving): 441 calories, 158 calories from fat, 13.5g total fat, 0mg cholesterol, 1079.4mg sodium, 524.1mg potassium, 26.8g carbohydrates, 6.2g fiber, 3.6g sugar, 15.6g protein.

Recipe Tips

Vegan tarter sauce-recipe creator “eye balls it” but something like this: 1/2 cup vegan mayo 2-3 tsp mustard 2 Tbsp pickle relish 1 Tbsp lemon juice 1/4 tsp onion powder & enough dill that you can see and taste it, maybe 1 tsp dill weed herb.